

# AQUATICS

## Open Swim

Come for a Swim! Healthy, active fun! All swimmers must be 42" at the chin or accompanied by an adult in the water. You may bring your own floatation aide for young children, but it does not replace your close supervision. If no swimmers have arrived after 30 minutes from the start of Open Swim, the pool will close.

**Wednesdays 7:30-9:00 pm**

**Saturdays 1:00-3:00 pm**

Cost: \$4.00/ adult, \$3.00/ student  
\$7.00 for a family up to the 4 family members;  
\$1.00 for each additional member

## Special "No School" Open Swim

Anytime there is a planned "No School" day, there will be an open swim 1:00-3:00 pm

**Monday January 16**

**Friday January 20**

**Friday February 17**

**Monday February 20**

**Friday March 2**



## We love the POOL!



## Parent/Tot Splash Time

This open swim time is for our littlest swimmers and their buddy. Adult and child can swim without the big kids around, their own size toys and special music. Children who are not potty trained must wear a swim diaper and plastic cover.

Wednesdays

10:00-10:45 am

Cost: **FREE**

## Silver Sharks Swim Team

Ready to take swimming to the next level? Silver Sharks swimmers develop their swimming skills and stamina while making friends and learning sportsmanship. Swimmers should be age 7 and up, able to swim 4 lengths of the pool on their front, and have passed Level 4 of swim lessons.

**Winter Session - 1/3-3/29**

Tues & Thurs - 6:00- 7:30 pm

Cost: \$125

**Spring Session - 4/10- 5/31**

Tues & Thurs - 5:30 - 7:00 pm

Cost: \$70



# AQUATICS

Whatever your fitness level, adding a water workout to your weekly schedule can have great health benefits. The properties of water provide a no to low joint impact workout that can bring more calories than doing the same workout on land. If you already workout, adding swimming or water aerobics classes to your routine can help lessen injuries and muscle memory.

## Water Aerobics

This class is low to medium intensity and low joint impact. It is designed to give you some cardio conditioning while increasing strength and flexibility. These are drop-in classes and run year round. Come try us out! The first time is on us!

Mon, Wed, Fri            9:00-10:00 am  
Mon & Wed evening    6:30-7:30 pm

Cost: \$5.00 at the door  
Punch Cards: \$45 for 10 punches  
Senior Discount: \$37.50 for 10

## Lap Swim

Get out of the cold or just change up your routine with swimming. Use our kickboards, fins and other training aids to vary your workout. You can also use the *AquaJogger* equipment and "jog" your laps.

Mon & Wed            10:30 am-12:00 pm  
                              6:00-7:30 pm  
Sat                      10:00 am-12:00 pm

Cost: \$3.00 at the door  
Punch Cards: \$25 for 10 punches  
Senior Discount: \$20 for 10 punches



## Aqua Zumba (Ages 13-Adult)

This 45-minute long, group-fitness class follows the traditional Zumba format of Latin moves done to upbeat, shimmy-inducing tunes – it's done in the shallow end of a pool. Thanks to the resistance of the water, every salsa, merenge, and reggaeton step takes a bit more effort which helps your muscles work even harder.

Mon, 1/9 - 5/21  
Time: 7:45-8:30 pm  
Cost: \$5 drop-in

The pool will be closed for  
ER Boys Varsity Swimming  
Meets the evenings of

**Thurs 1/5**

**Tues 1/10**

**Thurs 1/19**

**Tues 1/24**

**Tues 1/31**

**Thurs 2/2**

**Come on out and support the  
team!!**



# AQUATICS



**American  
Red Cross**

## American Red Cross “Learn to Swim” Lessons

One of the best things about living in Michigan is all the water related activities that are available. Learn to swim is important for safety as well as fitness. We have classes for all ages and skill levels. It's never too early or too late to LEARN TO SWIM!

### Preschool Aquatics (ages 4 & 5)

Level PS1—orienting children to the pool and water environment will help them be comfortable starting basic swimming skills like kicking, blowing bubbles, and putting their face in the water.

Level PS2—Helps children gain greater independence in their skills and develop more comfort in and around water while they improve their coordination skills.

### Learn to Swim (ages 6 & up)

Level 1—First lessons for children 6 and older, Students will explore putting their face in, floating, and moving through the water with help.

Level 2—Continued work on swimming with their face in the water, floating, kicking and arm movement on their fronts and backs.

Level 3 & 4—Students swim across the pool with rhythmic breathing. Additional strokes, diving and survival techniques are learned.

Level 5 & 6—Stroke Refinement and swimming skill for fitness. Call Aquatics Office for Level 5 & 6 class availability.

Cost for all classes is \$24 for 4 lessons. A \$4 discount is offered if you pre-registered before the first day of class. All classes must have 4 swimmers pre-registered to run. More detailed descriptions of the different levels is available on our website.

Saturdays	Level 1	1/7-1/28	10:05-10:35 am
	Level 3	1/7-1/28	10:45-11:25 am
	PS 1	1/7-1/28	11:30-12:00 noon
	Level 2	2/4-2/25	10:05-10:35 am
	Level 4	2/4-2/25	10:45-11:25 am
	PS 2	2/4-2/25	11:30-12:00 noon
	Level 1	3/10-3/31	10:05-10:35 am
	Level 2	3/10-3/31	10:45-11:25 am
	Level 3	3/10-3/31	11:30-12:15 pm
Tues & Thurs	Level 1	2/28-3/8	7:00-7:30pm
	Level 2	3/20-3/29	7:00-7:40pm
	Level 3	4/10-4/19	7:00-7:45pm

### Private Lessons - Adults and Children

If our schedule doesn't fit your schedule, we can work it out. Private lessons are built around your busy schedule and needs. From new swimmers to timid adults, or fitness swimmers wanting to improve their technique, we can help you be a better more confident swimmer. The cost is \$45 for 4 lessons. Call the Aquatics Office at 663-3484 to arrange lessons.

# AQUATICS - Swim Lessons

## Infant & Toddler Classes

*The American Academy of Pediatrics now recommends that all children learn to swim. Not a big surprise. But they are saying that it is important that they be exposed to swimming between the ages of 1-4 yrs. Early lessons help them adjust to the new environment while they learn that swimming is FUN!*



### Bugaboo Buddies (Ages 6 months-2 years)

Water adjustment for the youngest swimmers. Parent, grandparent, or caregiver must accompany child in the pool. Children who are not potty trained must wear a waterproof swim diaper.

Session 1	Sat	1/14-2/4	12:00-12:30 pm	\$24
Session 2	Sat	2/18-3/10	12:00-12:30 pm	\$24
Session 3	Wed	3/14-4/4	10:00-10:30 am	\$24

### Flipper Friends (Ages 2-4)

Water fun for parent and child. Parents will learn how to reinforce, encourage and strengthen swimming skills in their child. Parent must accompany child in the pool. Children who are not potty trained must wear a waterproof swim diaper.

Session 1	Sat	1/14-2/4	12:00-12:30 pm	\$24
Session 2	Sat	2/18-3/10	12:00-12:30 pm	\$24
Session 3	Wed	3/14-4/4	10:00-10:30 am	\$24

A \$4 discount is offered if you pre-registered before the first day of class.  
All classes must have four swimmers pre-registered to run.

## Pool Party

Are you looking for a unique and fun place to host your next party? Rent the **Eaton Rapids Community Pool!** The pool is perfect for birthday parties, service groups and family reunions. Great fun for every age!



Package includes:

- exclusive use of the pool for two hours
- games, underwater music
- use of special toys and equipment
- 2 fabulous lifeguards

After swimming, tables/chairs are available for your refreshments. Refrigerator with freezer available.

Cost is \$125 for 20 swimmers  
\$2 for each add'l swimmer

For more information, please call the Aquatics Office at 663-3484.

# REGISTRATION INFORMATION



**Online:** Go to: [www.erpsk12.org/communityeducation](http://www.erpsk12.org/communityeducation) and click on the registration link.

**By Mail:** Send a completed registration form with a check or money order to:  
Community Education, 501 Union Street, Eaton Rapids, MI 48827.  
Make checks payable to ERPS Community Ed.

**Class Cancellation Process:** Most classes require a minimum number of participants in order to be held. If a class is canceled due to low enrollment, we will contact you by phone within 24 hours of the first class and a refund will be issued.

**Refund Procedures:** To cancel a class registration, please call 663-8169. Class cancellations must be made 48 hours prior to the first class to receive a 100% refund. A 50% refund will be given if requested before the second class. No refund is available after the second class. In the case of a one-day workshop, no refunds are given after the first class. Refunds will be issued in approximately 30 days.

**Classes are canceled if school is closed due to the weather.**

Eaton Rapids Public Schools Community Education  
Registration Form

Name \_\_\_\_\_

Parent Name (if child enrolling) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Other Contact # \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Age (if child) \_\_\_\_\_

<u>Enrichment Classes</u>	<u>Session/Day</u>	<u>Cost</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

Swim Classes **Aquatic class questions, please call Lori Chapman at 663-3484.**

Name \_\_\_\_\_ Age \_\_\_\_\_ Level \_\_\_\_\_ Session \_\_\_\_\_ Time \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Level \_\_\_\_\_ Session \_\_\_\_\_ Time \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Level \_\_\_\_\_ Session \_\_\_\_\_ Time \_\_\_\_\_